



Recipe Details

Recipe Name - Broiled Fish

Recipe Steps -

Ingredients

1 jar hearts of palm (25 oz) or 2 cans, drained and rinsed and cut in half long way
1 small lemon or 1/2 of a large, juiced
2 tsp Vegan fish sauce - soy-free
2 tsp Dulce granulated
2 tsp Kelp granules
1 1/2 to 2 tsp Old Bay seasoning
2 tsp Garlic powder
Panko bread crumbs (optional)

Instructions

1. Move your oven rack to the center of your oven and set the oven to 500 degrees broil
2. Drain and rinse hearts of palm, cut in half long way, and place into a baking dish
3. Squeeze lemon over all the "fish" pieces
4. Sprinkle all remaining ingredients on top
5. Toss around gently to ensure everything is covered and seasoned well
6. If using, sprinkle the desired amount of panko bread crumbs on top
7. Broil on the middle rack for 7 minutes
8. Enjoy!

